

ENDS AND TRENDS WITH KIM AND KAREN

Kim's Tip: The Kale Craze



Everyone is talking about it and have different methods of eating it (juicing, salads, sautéed, soup, chips, etc...). But what really makes this particular dark leafy green vegetable so great?

Kale is an excellent source of vitamins A, C, K, calcium and fiber. Some of its benefits include:

- Antioxidants that protect against various types of cancers and coronary artery disease.
- Whether raw or cooked, kale has cholesterol lowering benefits.
- It is also good for lowering risks of chronic inflammation and eye health.

Kale is available year-round and it is best to look for fresh, dark and firm leaves. It can be stored in a plastic storage bag and kept in the refrigerator for up to five days.